



PHILIPPINE DAILY  
**INQUIRER**  
A BUREAU OF THE PHILIPPINE NEWS

Philippines, August 4, 2010 / 10 pages / P1-P10 / P11-P12

**Lucas-Angara on effect**  
 wrought in what they watch  
 By the author: Lucas-Angara



Lucas-Angara on effect  
wrought in what they watch

# Oil soars, hard times loom

**DOJ ready to ask US to bring back Gracia**

By Carlos Pineda



**World prices show no sign of letting up**

A group of people, including a woman in a red shirt, are gathered around a table outdoors, possibly at a community event or protest. They appear to be looking at something on the table.

## GMA averts House row with 1 phone call

**By Carlos Pineda**  
**10** Unsubstantiated claims  
 alliance vs. new taxes  
 By Carlos Pineda

World prices show no sign of letting up



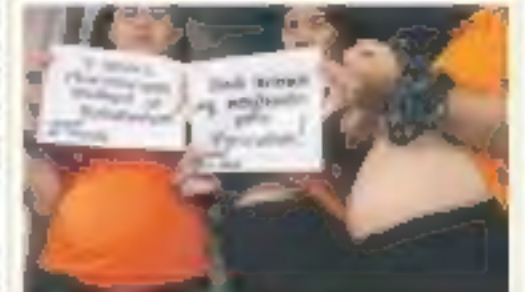
**War amputees get chance to stand on two feet again**

## Why world oil prices are so high

Why world oil prices are so high

## Separation day for RP twins

By Carlos Pineda



A group of people, including a woman in a red shirt, are gathered around a table outdoors, possibly at a community event or protest. They appear to be looking at something on the table.









**AIRPORT SECURITY**  
Passengers at the airport who usually don't have to pass through security are now required to do so.

# No rice crisis, NFA assures

**MANILA**—The National Food Authority (NFA) assures that there is no rice crisis in the country, despite the recent surge in international rice prices.

The NFA said it has enough rice to last for at least three months, and that it will continue to monitor the market closely.

The NFA also said that it will continue to release rice from its stocks to the market, to ensure that there is no shortage of rice for the Filipino people.

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## Losing bidder sues PCGG over Ortigas lot

**MANILA**—A company that lost a bid to sell a lot in the Ortigas Center has filed a lawsuit with the Philippine Commission on Government Accounting (PCGG) to force the agency to return the bid money.

The company, which is a subsidiary of a major construction firm, said that it had paid a substantial amount of money to participate in the bid, but that the PCGG had unfairly disqualified it.

The company is seeking damages and the return of its bid money from the PCGG.

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## Haydee bailed

**MANILA**—Haydee Ylagan has been bailed out of custody by her family, after being charged with the murder of her husband, Jose Ylagan.

The charges were filed by the Department of Justice, which said that Haydee had conspired with her husband to kill him.

Haydee's family has posted a bail of P1 million to secure her release from custody.

## 10 vying for SC post

By Philip D. Sison

**MANILA**—Ten candidates are vying for the position of Associate Justice of the Supreme Court, which is set to be vacated by the retirement of Justice Antonio Carpio.

The candidates include several prominent legal figures and scholars, who are expected to compete for the position.

The President is expected to announce the winner of the competition in the near future.

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## GMA eyes express lanes, anti-graft manual

**MANILA**—GMA Network is planning to launch a new television program that will focus on anti-graft measures and express lanes.

The program is expected to be a reality show, where participants will be challenged to complete tasks related to anti-graft efforts.

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### THE DAILY GOSPEL

**Matthew 11:28-30**

“Come to me, all who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

**Reflection:** Jesus invites us to come to him and find rest. He promises that his yoke is easy and his burden is light. This is a promise of peace and comfort for those who are weary and burdened.

**Prayer:** Lord, I am weary and burdened. Please give me rest and comfort. Help me to learn from you and to follow you. Amen.

**Commission**

The Commission on Government Accounting (PCGG) has announced that it will be launching a new program to help government agencies reduce their expenses.

The program is expected to be a reality show, where participants will be challenged to complete tasks related to anti-graft efforts.

PCGG also plans to launch a new television program that will focus on express lanes, which are fast-track lanes for government projects.

## Bishop clarifies report

By Philip D. Sison

**MANILA**—A report by a bishop that he had been sexually abused by a priest has been clarified by the bishop, who said that the report was a misunderstanding.

The bishop said that he had never been sexually abused by a priest, and that the report was a misunderstanding of his words.

The bishop also said that he was sorry for any confusion that the report had caused.

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## Supreme Court doctrines

**MANILA**—The Supreme Court has issued a decision that will have a significant impact on the doctrines of the court.

The decision is expected to be a landmark case, as it will clarify the court's position on a long-standing issue.

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**INO TV**  
Ino TV is a new television network that is expected to launch in the near future. The network is expected to be a reality show, where participants will be challenged to complete tasks related to anti-graft efforts.

















# Great news for lowb coconut

POLITICAL  
THOUGHTS

By **John Lewis**



THE NEW YORK TIMES MAGAZINE

THE NEW YORK TIMES MAGAZINE

# Being poor

By **William H. Thomas**

11

# Moody with the smiling soul

Humor  
Bugs



THE NEW YORK TIMES MAGAZINE

# More food for thought

Two Great Views

By **John Lewis**



THE NEW YORK TIMES MAGAZINE

By **Tom Hanks**



# Let us not forget the heroism of Filipino contingent in Iraq

LETTERS

Sib to me

to me  
to me



to me, to me, to me, to me, to me, to me

to me, to me, to me, to me, to me, to me

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## Growing old

to me, to me, to me, to me, to me, to me

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to me, to me, to me, to me, to me, to me





# INQUIRER

Two languages  
from San Francisco, CA

## Crown of thorns: Calvary for corals

By James Thomson & Lindy...

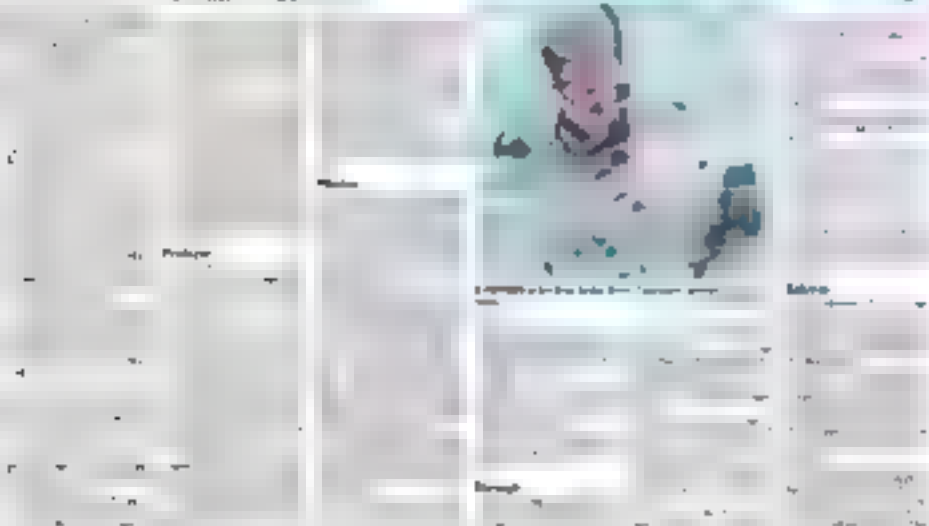
Under the sea, the crown of thorns starfish is a voracious predator of coral. It is a major threat to the health of coral reefs in the Pacific Ocean.

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Continued on page 10



Strong  
Fragrant

## Island offers nature's beauty, bounty

By James Thomson

Little is known about the island of... and... and... and...

The island of... is a beautiful... and... and... and...

The island of... is a beautiful... and... and... and...

The island of... is a beautiful... and... and... and...

The island of... is a beautiful... and... and... and...

The island of... is a beautiful... and... and... and...

The island of... is a beautiful... and... and... and...

The island of... is a beautiful... and... and... and...

The island of... is a beautiful... and... and... and...

Shrimp being harvested using... during week!

The island of... is a beautiful... and... and... and...

The island of... is a beautiful... and... and... and...

# METRO

8 centavo newspaper

Sub Editors: Cesar B. Macabino, G. Olvera

## Pasig City blaze kills father, son

By Lope del Puerto

Two people were killed and three others injured in a fire that broke out in a residential area of Pasig City last night. The fire started in a two-story building and spread quickly, forcing residents to flee. The victims were a father and his son. The fire department arrived at the scene and fought the blaze for several hours. The cause of the fire is still under investigation.

Cap glues up the apple

By Lope del Puerto

A group of children in a schoolyard in Pasig City were playing with apples. One child, a boy, was seen using a cap to glue the apples together. The incident was captured on video and went viral on the internet.

## Extort raps spoil hero-cop's feat

By Lope del Puerto

A police officer who was hailed as a hero for his role in the capture of a notorious criminal has been charged with extortion. The officer, who was praised for his bravery, is now facing charges that could tarnish his reputation.

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## Behb Reyes makes it Pro-life alliance seeks to block 2-child policy to most wanted list

By Lope del Puerto

A pro-life alliance has added Behb Reyes to its most wanted list. The alliance, which opposes the two-child policy, has threatened to take legal action against Reyes. Reyes is a prominent figure in the pro-life movement.

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## Arturo Tolentino: a true senator

On Tolentino



Arturo Tolentino is a true senator. He has dedicated his life to public service and has been a vocal advocate for the people. His leadership and integrity are highly respected.

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## Former detainee says cop ordered 'salvage'

By Lope del Puerto

A former detainee has accused a police officer of ordering 'salvage' operations. The detainee claims that the officer was involved in the illegal disposal of evidence. The case is currently under investigation.

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The police are not sure if the former detainee is telling the truth. The case is still ongoing.

A black and white movie poster for the film "Collateral". The poster features a large, high-contrast, negative-style image of a man's face (Tom Cruise) on the left. The title "COLLATERAL" is prominently displayed in the center in a bold, sans-serif font. Above the title, the names "TOM CRUISE" and "JAMIE FOXX" are listed. Below the title, there is a line of smaller text that reads "Extended Director's Cut". The bottom of the poster includes the names of the director, screenwriter, and producer, along with the names of the lead actors.



# SPORTS

Volume 10, Number 10, 10/10/10

Editor: [Name], Publisher: [Name]

## Dolphins, Lions stun rivals



**With a record-setting performance, the Dolphins and Lions have stunned their rivals in the AFC.**

The Dolphins and Lions have both won their first games of the season, stunning their rivals in the AFC. The Dolphins defeated the Patriots 27-10, while the Lions defeated the Packers 24-17.

The Dolphins' victory was a surprise, as they were considered one of the weaker teams in the AFC. However, they showed a lot of promise, with quarterback Matt Ryan leading the team to victory.

The Lions' victory was also a surprise, as they were considered one of the weaker teams in the AFC. However, they showed a lot of promise, with quarterback Matthew Stafford leading the team to victory.

## CRUN DOWN TO AGENTS Jins may steal thunder from pugs

**By [Name]**

The Jins may steal thunder from the pugs in the upcoming season. The Jins are a new breed of dog that is being bred in the Philippines. They are known for their intelligence and loyalty.

The pugs, on the other hand, are a breed of dog that is known for its wrinkled face and friendly nature. They are also very loyal and intelligent.

It is expected that the Jins will be very popular in the Philippines, as they are a new and exciting breed. They may even steal the thunder from the pugs, which have been a popular breed in the country for many years.

# LIGHTS, CAMERA... SESSION!

Handa na ba sila sa Senado?

Plus!

Dapat bang ipatitahan ang dami ng anak?

100%

SI 45 1100  
21 (P) 1100

## Taiwanese also whip hosts in 5

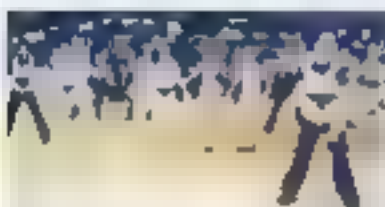
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Figure 1 consists of two scatter plots. The left plot shows a positive correlation between the number of children and the number of children in the household. The right plot shows a negative correlation between the number of children and the number of children in the household.

**Author's address:**

### FG executive council reps



1970-ခုနှစ် နှစ်စာချုပ်အရ ပုံမှန်

1.4/3 does a gold medal

Figure 1 consists of 12 panels (a-l) arranged in a 4x3 grid. Each panel shows the growth of the green alga *Nitzschia closterium* over time, measured by optical density at 600 nm (OD<sub>600</sub>). The x-axis for all panels represents time in hours, ranging from 0 to 120. The y-axis represents OD<sub>600</sub>, ranging from 0 to 1.0. Panels a, c, e, g, i, and k show growth curves for different treatments, while panels b, d, f, h, j, and l show corresponding growth curves for a control or reference treatment. The treatments include various concentrations of auxin (IAA), cytokinin (6-BA), and auxin transport inhibitors (NPA, TIBA). The growth curves show that the addition of auxin and cytokinin generally promotes growth, while the addition of auxin transport inhibitors (NPA and TIBA) inhibits growth.

Temperature (°C)	$R_p \times 10^3$ (mol/l·h)
50	0.05
60	0.10
70	0.40
80	0.90
90	0.60
100	0.40

500 Call 7-11 with 9 L. In

Figure 1 is a schematic diagram of the experimental setup. It shows a signal source connected to a delay line, which is then connected to a detector. The delay line is labeled "DELAY LINE" and the detector is labeled "DETECTOR". The signal source is labeled "SIGNAL SOURCE".

100

doi:10.1002/ajim.20001  
 © 2004 Wiley Periodicals, Inc. *Journal of Applied Ergonomics* 35: 111–117



## ADB offers help to avert power crisis

1.11.11

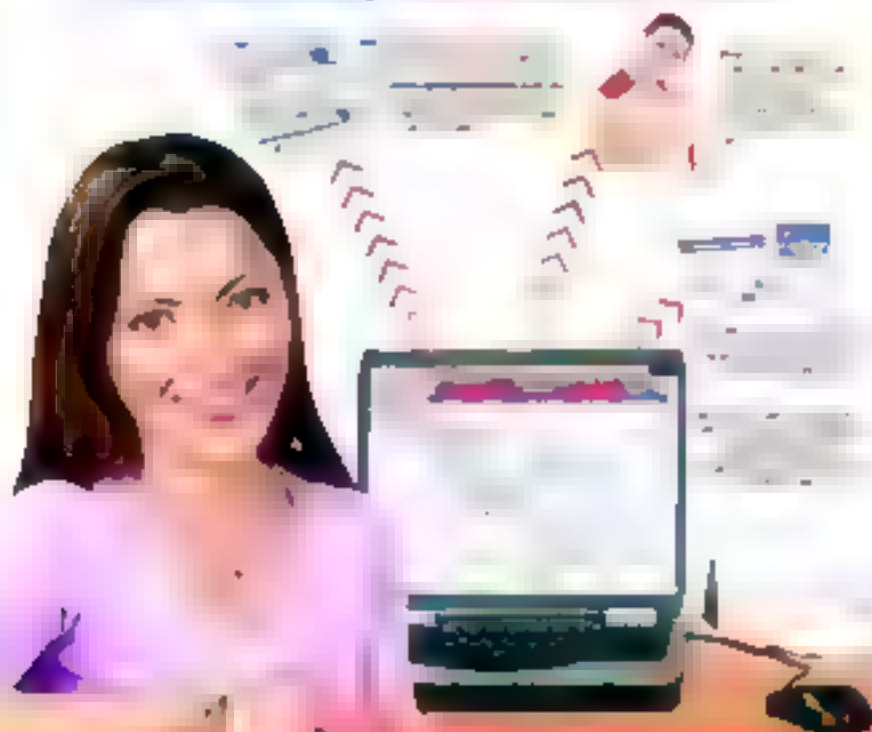
10. *Journal of the American Medical Association*, 2000; 283: 2686-2692.

and 50% would be receiving their doses on time. They want to make sure that their patients are receiving the medicine in a timely manner. They want to make sure that their patients are receiving the medicine in a timely manner.

[illegible]

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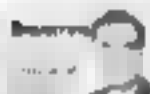
**Now, I can schedule my funds transfer,  
Check-Free Payment and Express  
Cash reloading way ahead of time.**



Visit [www.pearsoned.com](http://www.pearsoned.com) for more information on this and other products.



### Power drum song



## GMA 7 nets P750M in 1st half

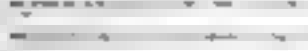
**Key Words:** *depression, mood, mood disorder, mood disorder, mood disorder*

Beer sales  
down 5%  
Q1 profit

### About 2 to merge transport models

**De la part de :**

## Stocks end high on good earnings results



## Protect farm gains. Arroyo urged

By David M. Weisbach, Washington, D.C.

U.S. House of Representatives Agriculture Committee Chairman Tom Arroyo (D-Calif.) urged Congress to pass legislation to protect farm gains from a recent decline in commodity prices. Arroyo said the legislation would provide a safety net for farmers and ranchers who have been hit hard by the drop in prices for many of their products. He said the legislation would also provide a safety net for the rural economy, which has been hit hard by the decline in commodity prices. Arroyo said the legislation would provide a safety net for farmers and ranchers who have been hit hard by the drop in prices for many of their products. He said the legislation would also provide a safety net for the rural economy, which has been hit hard by the decline in commodity prices.

## Guide for year profit seen to be \$1.4B

By David M. Weisbach, Washington, D.C.

The U.S. Department of Agriculture (USDA) has released its annual report on the state of the farm economy. The report shows that the farm economy is expected to have a profit of \$1.4 billion in 2004. This is a significant increase from the \$1.1 billion profit in 2003. The report also shows that the farm economy is expected to have a profit of \$1.4 billion in 2004. This is a significant increase from the \$1.1 billion profit in 2003. The report also shows that the farm economy is expected to have a profit of \$1.4 billion in 2004. This is a significant increase from the \$1.1 billion profit in 2003.



4TH CONSECUTIVE MONTH

## June exports up 8.2% to \$3.3B

By David M. Weisbach, Washington, D.C.

The U.S. Department of Commerce (DOC) has released its monthly report on U.S. exports. The report shows that U.S. exports were up 8.2% in June to \$3.3 billion. This is the fourth consecutive month of growth. The report also shows that U.S. exports were up 8.2% in June to \$3.3 billion. This is the fourth consecutive month of growth. The report also shows that U.S. exports were up 8.2% in June to \$3.3 billion. This is the fourth consecutive month of growth.

## Thrift banks' loans to property sector up

By David M. Weisbach, Washington, D.C.

The U.S. Department of Housing and Urban Development (HUD) has released its monthly report on the state of the housing market. The report shows that the number of loans made by thrift banks to the property sector has increased. This is a positive sign for the housing market, which has been struggling in recent months. The report also shows that the number of loans made by thrift banks to the property sector has increased. This is a positive sign for the housing market, which has been struggling in recent months.

## PUTT gives VAT rate hike over tax on texting

By David M. Weisbach, Washington, D.C.

The U.S. Department of the Treasury (Treasury) has released its monthly report on the state of the federal budget. The report shows that the Treasury has given a VAT rate hike over tax on texting. This is a significant increase from the previous rate. The report also shows that the Treasury has given a VAT rate hike over tax on texting. This is a significant increase from the previous rate. The report also shows that the Treasury has given a VAT rate hike over tax on texting. This is a significant increase from the previous rate.

## Stop second-guessing ERL—courts asked

By David M. Weisbach, Washington, D.C.

The U.S. Department of the Treasury (Treasury) has released its monthly report on the state of the federal budget. The report shows that the Treasury has asked the courts to stop second-guessing the ERL. This is a significant request, as the courts have been questioning the Treasury's actions in the past. The report also shows that the Treasury has asked the courts to stop second-guessing the ERL. This is a significant request, as the courts have been questioning the Treasury's actions in the past.

## ADB offers help to avert power crisis

By David M. Weisbach, Washington, D.C.

The Asian Development Bank (ADB) has offered help to avert a power crisis in the region. The ADB has offered to provide financial assistance to the countries in the region that are facing a power crisis. This is a significant offer, as the power crisis could have serious consequences for the region. The ADB has offered to provide financial assistance to the countries in the region that are facing a power crisis.

Remarkable Sales Performance  
for LEADAC in First four quarters 2004

## TOP 10 PRE-NEED COMPANIES

Company Name	Revenue (USD)
1. LEADAC	25M 172,000
2. [Company Name]	[Revenue]
3. [Company Name]	[Revenue]
4. [Company Name]	[Revenue]
5. [Company Name]	[Revenue]
6. [Company Name]	[Revenue]
7. [Company Name]	[Revenue]
8. [Company Name]	[Revenue]
9. [Company Name]	[Revenue]
10. [Company Name]	[Revenue]





**SOUP** A bowl of green soup, with a garnish of fresh herbs and a slice of lime, is a healthy and delicious meal.



**SOUP** A bowl of red soup, with a garnish of fresh herbs and a slice of lime, is a healthy and delicious meal.



**SOUP** A bowl of green soup, with a garnish of fresh herbs and a slice of lime, is a healthy and delicious meal.

# On an herb and a prayer

By a local food writer  
for the St. Petersburg Times

**R**osemary is a herb that has been used for centuries in cooking. It is a member of the mint family and is native to the Mediterranean region.

The herb is known for its strong, slightly bitter flavor. It is often used to flavor meat, poultry, and fish. It is also used in soups, stews, and sauces.

In addition to its culinary uses, rosemary has been used in traditional medicine. It is believed to have anti-inflammatory and antioxidant properties.

Rosemary is a hardy plant that can grow in a variety of climates. It is often used as a ground cover or as a border plant in gardens.

The herb is also used in the production of essential oils. These oils are used in aromatherapy and in the manufacture of perfumes and cosmetics.

Rosemary is a versatile herb that can be used in a variety of ways. It is a great addition to any herb garden and is a valuable ingredient in the kitchen.

For more information on herbs and their uses, visit our website at [www.rosemaryherb.com](http://www.rosemaryherb.com).

We hope you enjoyed this article on rosemary. Stay tuned for more articles on herbs and their uses.

Thank you for reading this article. We appreciate your interest in learning more about herbs.

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**CHEF** A chef in a white uniform and tall hat, smiling, with two plates of food in front of him.

**A former journalist and great boss, everything he's got to live on his latest transformation... a new life.**

He's a man who's been through a lot. He's been a journalist, a boss, and a man who's been through a lot.

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## The praying chef's recipes

### Prayer Soup

**Ingredients:**  
1 cup of water  
1 cup of broth  
1 cup of rice  
1 cup of lentils  
1 cup of beans  
1 cup of vegetables  
1 cup of herbs  
1 cup of spices  
1 cup of oil  
1 cup of salt  
1 cup of pepper  
1 cup of sugar  
1 cup of vinegar  
1 cup of lemon juice  
1 cup of lime juice  
1 cup of orange juice  
1 cup of apple juice  
1 cup of grape juice  
1 cup of cranberry juice  
1 cup of pomegranate juice  
1 cup of kiwi juice  
1 cup of mango juice  
1 cup of pineapple juice  
1 cup of peach juice  
1 cup of cherry juice  
1 cup of strawberry juice  
1 cup of raspberry juice  
1 cup of blueberry juice  
1 cup of blackberry juice  
1 cup of elderberry juice  
1 cup of goji berry juice  
1 cup of acai berry juice  
1 cup of pomegranate seed oil  
1 cup of coconut oil  
1 cup of olive oil  
1 cup of canola oil  
1 cup of sunflower oil  
1 cup of flaxseed oil  
1 cup of hemp seed oil  
1 cup of almond oil  
1 cup of avocado oil  
1 cup of grapeseed oil  
1 cup of walnut oil  
1 cup of pecan oil  
1 cup of cashew oil  
1 cup of hazelnut oil  
1 cup of walnut oil  
1 cup of pecan oil  
1 cup of cashew oil  
1 cup of hazelnut oil

**Instructions:**  
1. In a large pot, bring the water to a boil.  
2. Add the broth, rice, lentils, beans, and vegetables.  
3. Simmer for 1 hour.  
4. Add the herbs and spices.  
5. Simmer for 10 minutes.  
6. Add the oil and salt.  
7. Simmer for 5 minutes.  
8. Add the pepper and sugar.  
9. Simmer for 5 minutes.  
10. Add the vinegar and lemon juice.  
11. Simmer for 5 minutes.  
12. Add the lime juice and orange juice.  
13. Simmer for 5 minutes.  
14. Add the apple juice and grape juice.  
15. Simmer for 5 minutes.  
16. Add the cranberry juice and pomegranate juice.  
17. Simmer for 5 minutes.  
18. Add the kiwi juice and mango juice.  
19. Simmer for 5 minutes.  
20. Add the pineapple juice and peach juice.  
21. Simmer for 5 minutes.  
22. Add the cherry juice and strawberry juice.  
23. Simmer for 5 minutes.  
24. Add the raspberry juice and blueberry juice.  
25. Simmer for 5 minutes.  
26. Add the blackberry juice and elderberry juice.  
27. Simmer for 5 minutes.  
28. Add the goji berry juice and acai berry juice.  
29. Simmer for 5 minutes.  
30. Add the pomegranate seed oil and coconut oil.  
31. Simmer for 5 minutes.  
32. Add the olive oil and canola oil.  
33. Simmer for 5 minutes.  
34. Add the sunflower oil and flaxseed oil.  
35. Simmer for 5 minutes.  
36. Add the hemp seed oil and almond oil.  
37. Simmer for 5 minutes.  
38. Add the avocado oil and grapeseed oil.  
39. Simmer for 5 minutes.  
40. Add the walnut oil and pecan oil.  
41. Simmer for 5 minutes.  
42. Add the cashew oil and hazelnut oil.  
43. Simmer for 5 minutes.  
44. Add the walnut oil and pecan oil.  
45. Simmer for 5 minutes.  
46. Add the cashew oil and hazelnut oil.  
47. Simmer for 5 minutes.  
48. Add the walnut oil and pecan oil.  
49. Simmer for 5 minutes.  
50. Add the cashew oil and hazelnut oil.

### Prayer Salad

**Ingredients:**  
1 cup of water  
1 cup of broth  
1 cup of rice  
1 cup of lentils  
1 cup of beans  
1 cup of vegetables  
1 cup of herbs  
1 cup of spices  
1 cup of oil  
1 cup of salt  
1 cup of pepper  
1 cup of sugar  
1 cup of vinegar  
1 cup of lemon juice  
1 cup of lime juice  
1 cup of orange juice  
1 cup of apple juice  
1 cup of grape juice  
1 cup of cranberry juice  
1 cup of pomegranate juice  
1 cup of kiwi juice  
1 cup of mango juice  
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1 cup of elderberry juice  
1 cup of goji berry juice  
1 cup of acai berry juice  
1 cup of pomegranate seed oil  
1 cup of coconut oil  
1 cup of olive oil  
1 cup of canola oil  
1 cup of sunflower oil  
1 cup of flaxseed oil  
1 cup of hemp seed oil  
1 cup of almond oil  
1 cup of avocado oil  
1 cup of grapeseed oil  
1 cup of walnut oil  
1 cup of pecan oil  
1 cup of cashew oil  
1 cup of hazelnut oil

**Instructions:**  
1. In a large pot, bring the water to a boil.  
2. Add the broth, rice, lentils, beans, and vegetables.  
3. Simmer for 1 hour.  
4. Add the herbs and spices.  
5. Simmer for 10 minutes.  
6. Add the oil and salt.  
7. Simmer for 5 minutes.  
8. Add the pepper and sugar.  
9. Simmer for 5 minutes.  
10. Add the vinegar and lemon juice.  
11. Simmer for 5 minutes.  
12. Add the lime juice and orange juice.  
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14. Add the apple juice and grape juice.  
15. Simmer for 5 minutes.  
16. Add the cranberry juice and pomegranate juice.  
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18. Add the kiwi juice and mango juice.  
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35. Simmer for 5 minutes.  
36. Add the hemp seed oil and almond oil.  
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38. Add the avocado oil and grapeseed oil.  
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46. Add the cashew oil and hazelnut oil.  
47. Simmer for 5 minutes.  
48. Add the walnut oil and pecan oil.  
49. Simmer for 5 minutes.  
50. Add the cashew oil and hazelnut oil.

### Prayer Bread

**Ingredients:**  
1 cup of water  
1 cup of broth  
1 cup of rice  
1 cup of lentils  
1 cup of beans  
1 cup of vegetables  
1 cup of herbs  
1 cup of spices  
1 cup of oil  
1 cup of salt  
1 cup of pepper  
1 cup of sugar  
1 cup of vinegar  
1 cup of lemon juice  
1 cup of lime juice  
1 cup of orange juice  
1 cup of apple juice  
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1 cup of grapeseed oil  
1 cup of walnut oil  
1 cup of pecan oil  
1 cup of cashew oil  
1 cup of hazelnut oil

**Instructions:**  
1. In a large pot, bring the water to a boil.  
2. Add the broth, rice, lentils, beans, and vegetables.  
3. Simmer for 1 hour.  
4. Add the herbs and spices.  
5. Simmer for 10 minutes.  
6. Add the oil and salt.  
7. Simmer for 5 minutes.  
8. Add the pepper and sugar.  
9. Simmer for 5 minutes.  
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48. Add the walnut oil and pecan oil.  
49. Simmer for 5 minutes.  
50. Add the cashew oil and hazelnut oil.



**PLATE** A plate of food, possibly a salad or a dish with vegetables and meat.



**PLATE** A plate of food, possibly a salad or a dish with vegetables and meat.



# Sky isn't the limit

## The Cowpunks

By Michelle Tang for The Star



It's not just a band name, it's a lifestyle.

Where to find a cowpunk?

For those who are looking for a new band to follow, the Cowpunks are a good choice. The band is a mix of rock and roll, punk, and cowpunk. They are a four-piece band from Vancouver, British Columbia. They have been around since 1990 and have released several albums. Their sound is a mix of rock and roll, punk, and cowpunk. They are a good choice for those who are looking for a new band to follow.

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By Michelle Tang for The Star

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## Seminars for aspiring cooks and caterers

By Michelle Tang for The Star

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Kimchi (left) and Korean Beef Stew (right) at a restaurant in Toronto.



Kimchi (left) and Korean Beef Stew (right) at a restaurant in Toronto.

# Distinctively Korean

With over 100 restaurants in the Greater Toronto Area, Korean food is becoming a popular choice for many diners. The food is a mix of traditional Korean and modern influences. It is a good choice for those who are looking for a new restaurant to visit.

By Michelle Tang for The Star

For those who are looking for a new band to follow, the Cowpunks are a good choice. The band is a mix of rock and roll, punk, and cowpunk. They are a four-piece band from Vancouver, British Columbia. They have been around since 1990 and have released several albums.

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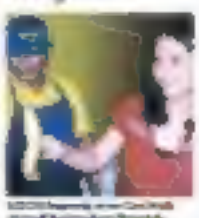


Kimchi (left) and Korean Beef Stew (right) at a restaurant in Toronto.

## Ilcos plex: No ordinary street food

With over 100 restaurants in the Greater Toronto Area, Korean food is becoming a popular choice for many diners. The food is a mix of traditional Korean and modern influences. It is a good choice for those who are looking for a new restaurant to visit.

By Michelle Tang for The Star



Kimchi (left) and Korean Beef Stew (right) at a restaurant in Toronto.



# Do the French quiche

A heavenly combination of eggs, cream and cheese baked in a pie shell can be a week-day treat



**STEP 1** In a large bowl, whisk together the eggs, cream, and cheese. Add the salt and pepper to taste. Pour the mixture into the pie shell.



**STEP 2** Roll out the dough on a floured surface. Fit it into the pie shell and trim the excess.



**STEP 3** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.



**STEP 4** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.

**STEP 5** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.

**STEP 6** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.

**STEP 7** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.

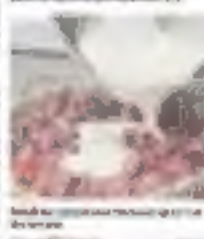
**STEP 8** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.

**STEP 9** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.

**STEP 10** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.



**STEP 11** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.



**STEP 12** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.



**STEP 13** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.



**STEP 14** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.



**STEP 15** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.



**STEP 16** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.

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**STEP 20** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.

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**STEP 25** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.

**STEP 26** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.

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**STEP 29** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.

**STEP 30** Bake the quiche in a preheated oven for 30-40 minutes. Let it cool before serving.

